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NEW YORK CITY NO. 1 FREE DAILY

Tuesday, November 20, 2018 metro.us | t: MetroNewYork |

BLACK OUT

Your guide to the best Black Friday deals and how to avoid breaking the bank. 26-30



ISTOCK



GETTY IMAGES

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GETTY IMAGES

COLD TURKEY

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PHOTO ILLUSTRATION ISTOCK/LUIS MATOS

4 THINGS TO KNOW

WELCOME TO METRO.US

MATT JUUL, BOSTON FEATURES EDITOR

What was once a one-day affair of aggressive shoppers cleaning out department stores has now become a weeklong spectacle. The unofficial start of the holiday season arrives with the return of Black Friday, although nowadays, the deals and savings start well before the turkey has even finished cooking on Thanksgiving. Let's face it, like everyone else, you'll probably take a trip to the mall to score the latest game or a new TV at a steep discount. But don't spend a penny until you've checked out our Black Friday guide.

4 PEOPLE SHOT IN DENVER, AT LEAST 1 KILLED

A shooting on a downtown Denver street corner on Monday left one person dead and three others hospitalized with bullet wounds as investigators sought at least one suspect who remained at large, according to a police spokesman. The three surviving victims were initially said to be in critical condition, but police later said in a Twitter message that their injuries were "believed to be non-life-threatening." No further official details were immediately available about the incident, which erupted at about 4 p.m. in the lower-downtown area of Denver known as LoDo,

a district of the Colorado capital filled with hotels, restaurants and high-rise residential lofts. The area is fairly close to Coors Field, which is home to Major League Baseball's Colorado Rockies. Denver police spokesman Doug Schepman told reporters that four people were confirmed shot, with one of the victims pronounced dead at the scene, and that no suspects were immediately arrested. "We don't know right now whether there was one shooter or more than one," he said, adding that investigators had yet to determine what may have precipitated the gunfire.

WHITE HOUSE RESTORES ACCESS FOR CNN'S ACOSTA

The White House on Monday restored press access for CNN reporter Jim Acosta, ending a legal fight that had so far gone against the Trump administration. White House Press Secretary Sarah Sanders said in a statement that the press pass for Acosta, which was revoked after a contentious Nov. 7 news conference with President Donald Trump, was restored but that reporters who ignored new rules for news conferences could have their credentials taken away. Under the rules, "a journalist called upon to ask a question will ask a single

question and then will yield the floor to other journalists," but a follow-up question may be permitted at the president's discretion, Sanders said. CNN, a frequent target of Trump's criticism of the news media, said in a statement its lawsuit challenging the White House's actions was no longer necessary. Earlier on Monday, the cable news network had sought an emergency federal court hearing after the White House said it would again revoke Acosta's pass once a temporary restraining order reinstating it for a two-week period expired.



PRESIDENT AND FIRST LADY RECEIVE WHITE HOUSE CHRISTMAS TREE

President Donald Trump and first lady Melania Trump inspect the North Carolina-grown Fraser fir Christmas tree at the North Portico as it makes its way to the Blue Room for display at the White House on Monday.

GETTY IMAGES

FINNS RESPOND BY 'RAKING COUNTRY GREAT AGAIN'

Puzzled Finns have taken to Twitter to post pictures of themselves raking the forest after U.S. President Donald Trump said California should learn a lesson from the Nordic country about how to protect itself against wildfires. While visiting California's wildfire zones on Saturday, Trump told reporters that Finland spends "a lot of time on raking and cleaning and doing things" to clear forest floors, citing his discussions with Finnish President Sauli Niinisto. Niinisto told Finnish newspaper Ilta-Sanomat that he had spoken

with Trump about Finland's wildfire-monitoring system. He recalled telling Trump that Finland takes care of its forests, but added that raking didn't come up. Hundreds of Finns posted under the Twitter hashtag #rakefinlandgreatagain, many posting pictures of themselves in the forest or their gardens with rakes. "Anybody needs their floors raked?" tweeted NBA Chicago Bulls' Finnish star Lauri Markkanen with a picture of him holding a rake. A #RakeAmericaGreatAgain hashtag also sprang up on the social media site.

TONY'S METRO MAGIC 2018



As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting metro.us/magic, clicking on the toy wish list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.

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NEWS



ALL GETTY IMAGES



Record-breaking cold expected for Thanksgiving in New York City

The National Weather Service is predicting temperatures in the high 20s.



SARAH LUOMA
letters@metro.us

seen temperatures this low since 1870, per the agency, with Thursday's possible forecast set to break records.

Factoring in the wind chill, temperatures during the day could feel more like the high teens for those attending the annual Macy's Thanksgiving Day Parade.

New York is in store for one of the coldest Thanksgivings on record, according to the National Weather Service.

The weather agency is predicting a record-breaking Turkey Day with a temperature high of 29 degrees and a low of 22 degrees due to a cold front working its way from the Arctic Circle that will arrive late Wednesday night.

Although the forecast for Thursday is clear and sunny, weather forecasters are preparing many with a warning to bundle up when traveling out and about around the city.

New York City hasn't

By night, temperatures are expected to fall to a bitter 18 degrees, making it feel even colder.

By Friday, when a lot of New Yorkers will begin their Christmas shopping, temperatures are slated to return to the mid-30s, with the days ahead progressively getting warmer, making for a nice weekend with the exception of possible rain on Sunday.

Boston could also see its coldest Thanksgiving Day on record since 1901, with temperatures predicted to be in the low 20s.



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Tekashi 6ix9ine to be arraigned in Manhattan federal court on multiple charges

Brooklyn-born Daniel Hernandez, better known as Tekashi 6ix9ine, is in federal custody on charges of racketeering and firearms.



SARAH LUOMA
letters@metro.us

Brooklyn-born rapper Tekashi 6ix9ine, a.k.a. Daniel Hernandez, 22, was scheduled to be arraigned in Manhattan federal court Monday after being arrested Sunday night in New York alongside three of his associates, Kifano "Shotti" Jordan, Faheem

"Cripp" Walter and Jense "Ish" Butler.

The four were taken into custody by the ATF, NYPD and Homeland Security with Hernandez arrested on racketeering and firearms charges. Details of the arrest are unclear and follow a plea deal given last week after Hernandez pleaded guilty to a lesser charge of disorderly conduct and was told to stay out of trouble for one year to avoid jail time.

Just last week, the 22-year-old fired his three associates, who were all part of his management team. Tekashi 6ix9ine shared the news on Instagram, explaining that he wanted to distance himself from

the men whom he has previously been arrested alongside, according to Rolling Stone. The rapper also canceled his U.S. tour while promoting his upcoming album on social media.

The young rapper is currently on four years' probation after pleading guilty back in 2015 to use of a child in a sexual performance. The rapper managed to stay out of legal trouble for two years following the case. However, in May 2018, he was arrested by authorities on charges of allegedly choking a 16-year-old in a Houston mall. In a separate incident, he was arrested for driving with a suspended license and assaulting an NYPD officer.



GETTY IMAGES

The Powerful (and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

NEW YORK CITY - A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

Here is why: Back pain ruins lives... and puzzles doctors.

You go through so many exams and tests... and treatments... and only end up suffering and frustrated.

And everyone is quick to say they have the "new breakthrough solution."

Am I right?

Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

This treatment is called:

"Radiofrequency Neurotomy." RF for short. And here's how it works...

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

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Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

You see, the real secret is the formula. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is... It's FREE



FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes it's hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at *NYC Pain MD*.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone.

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252**. More info at: painmdny.com/back-pain



GETTY IMAGES

New York City food banks struggling to feed more and more hungry NYers

A new Food Bank for New York City analysis paints a dire picture of the struggle to end hunger throughout the five boroughs.



KRISTIN TOUSSAINT
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New York City food pantries and soup kitchens are struggling to feed a growing number of hungry New Yorkers, according to new data from Food Bank for New York City.

Food Bank for New York City, a nonprofit with a network of nearly 1,200 emergency food providers throughout the five boroughs, released on Monday an analysis of the hunger crisis in the city, based on feedback from 735 leaders from city soup kitchens and pantries.

Those New York City food pantries and soup kitchens are seeing longer lines as more residents turn to these resources.

Nearly 80 percent of these institutions have seen an increase in traffic over the last five years, according to the Food Bank's analysis, and of those, 40 percent say their number of visitors has increased by more than half.

The influx of first-time visitors, senior citizens and families with children has put a strain on New York City food pantries and soup kitchens, with 54 percent reporting that they're running out of food and 29 percent saying they've had to turn people away for lack of food.

"This snapshot describes what we're seeing right now on the front lines and comes directly from the men and women most intimately involved in ending hunger across the five boroughs," said Food Bank for New York City President and CEO Margarette Purvis in a statement.

"Our survey's find-

ings make it clear that in the 35th year of the city's emergency food network, the perceived profile of reach and capacity of the neighborhood soup kitchens has completely changed," she added. "The majority of soup kitchens and pantries are forced to punch above their weight class, serving in most cases at least two boroughs outside of their own. It is the greatest indicator of the growing need in our city and a requirement for families to try harder to make ends meet."

"The majority of soup kitchens and pantries are forced to punch above their weight class, serving in most cases at least two boroughs outside of their own."

Margarette Purvis,
Food Bank for New York
City president and CEO

The average cost of a meal has increased 27 percent across all boroughs and 46 percent in Manhattan alone, according to Food Bank for New York City. Food Bank for New York City supplies food for more than 62.5 million meals every year.

Nearly half of the city's soup kitchens and food pantries have an operating budget of under \$25,000 a year. More than half work to feed New Yorkers with a non-paid staff.

New York City Council Speaker Corey Johnson has made more funding for the city's emergency food program a priority over his career. This year, as the council and mayor were hashing out the city budget, the council decided to raise the amount of money set aside for the program by \$8.7 million — above Mayor Bill de Blasio's suggested \$8 million.

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			3 people	\$56,092 - \$75,120
			4 people	\$56,092 - \$83,440

¹ Tenant is responsible for gas for cooking and electricity for light, heat and hot water

² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: 633 Marcy Avenue Apartments c/o Housing Partnership Development Corporation, 242 West 36 Street, 3rd Floor, NY, NY 10018.

Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **January 9, 2019**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **633 Marcy Avenue Apartments c/o Housing Partnership Development Corporation, 242 West 36 Street, 3rd Floor, NY, NY 10018**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 9 de enero 2019.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**633 Marcy Avenue Apartments c/o Housing Partnership Development Corporation, 242 West 36 Street, 3rd Floor, NY, NY 10018**。信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请2019年1月9日。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **633 Marcy Avenue Apartments c/o Housing Partnership Development Corporation, 242 West 36 Street, 3rd Floor, NY, NY 10018**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 9 января 2019.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **633 Marcy Avenue Apartments c/o Housing Partnership Development Corporation, 242 West 36 Street, 3rd Floor, NY, NY 10018** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2019년 1월 9일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyen

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العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظاروف يحمل اسمك وعنوانك إلى: **633 Marcy Avenue Apartments c/o Housing Partnership Development Corporation, 242 West 36 Street, 3rd Floor, NY, NY 10018**. على الجهة الخلفية للمظاروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 9 يناير، 2019.

Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer





GETTY IMAGES

Thanksgiving travel 2018: Best and worst times to leave New York City

Thanksgiving travel is expected to be extra-intense this year. Here's what you need to know about New York City traffic around the holiday.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

New York City traffic is always something residents here have to contend with, but with millions of people expected to embark on some Thanksgiving travel around the holiday, delays may be worse than usual.

Nationwide, more than 54.3 million Americans are expected to hit the roads, rails or air for 2018 Thanksgiving travel, according to AAA, all journeying 50 miles or more from home for the holiday. That's a 4.8 increase in travelers compared to last year.

Unfortunately, New Yorkers will have it the worst. Drivers in New York City are expected to see the largest Thanksgiving travel delays, per the automobile association, with nearly quadruple normal drive times as everyone heads out (or in) for the holiday.

54.3M

Nationwide, more than 54.3 million Americans are expected to hit the roads, rails or air for 2018 Thanksgiving travel, according to AAA, all journeying 50 miles or more from home for the holiday.

What can you do to navigate this extra-intense New York City traffic? Here's a look at the worst and best times to hit the road.

Data company IN-

RIX worked with AAA to crunch the numbers around the worst Thanksgiving travel times across the country, based on historical data from the automobile association and recent travel trends.

The worst time for New York City traffic will be Tuesday, Nov. 20, from 6 to 8 p.m. Specifically, AAA says, I-95 West from Exit 7 to Hamilton Bridge will see the worst of the Thanksgiving travel traffic. Delays are expected to make your trip 3.5 times longer than usual.

Google Maps also took a look at Thanksgiving travel and traffic trends, and according to their information, the worst time for New York drivers to leave is 4 p.m. on Wednesday, Nov. 21, the day before Thanksgiving.

The worst time to head back to New York at the end of your holiday is Sunday, Nov. 25, at 3 p.m., per Google.

JFK airport will be one of the busiest transportation hubs for Thanksgiving travel, so if you're flying to your holiday destination, make sure you give yourself extra time to get to the airport.

According to AAA, those traveling downtown to JFK via the Long Island Expressway East will hit some major Thanksgiving travel traffic on Tuesday from 5:30 to 7:30 p.m., where travel time could hit up to an hour and 19 minutes at peak traffic.

To make your Thanksgiving travel experience as smooth as possible, Google suggests those leaving New York City should head out on Thanksgiving day itself, at 6 a.m. on Thursday, Nov. 22.

Google data suggests rising early again for your way back home after the holiday as well. The best time to return from your holiday is Sunday, Nov. 25, at 6 a.m., according to Google data.

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Doctors Urge Knee Pain Sufferers

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

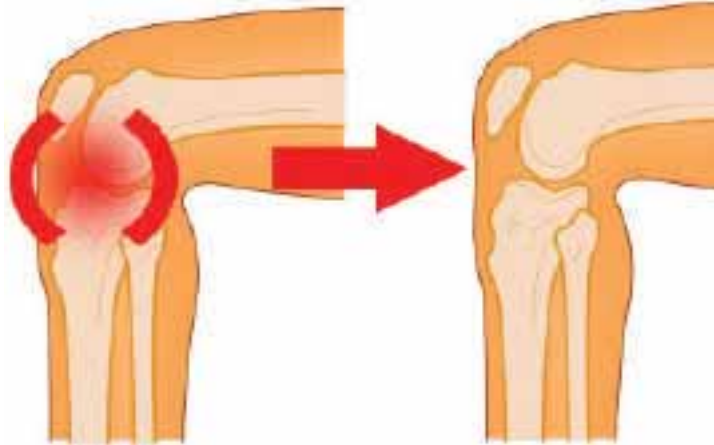
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



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A sneak peek at NYC's largest mural

Two years in the making, the largest mural in New York City is unveiled in the West Village.



ANNA HARSTEDT
letters@metro.us

Covering 20,000 square feet, the largest mural in the history of New York City was recently revealed on the side of City-As-School High School in the West Village.

From giant paintings to small graffiti pieces, NYC street art remains a uniquely personal and public form of self-expression. The genre captured the attention of mainstream pop culture during the 1980s, and since then artists have been traveling to NYC to create urban masterpieces.

Brazilian street artist Magda Love, as well as high school students at City-As-School, worked on the mural for more than two years, which required a lot of dedication and patience.

"Getting the permission that was needed was definitely the hardest part," Magda Love told Metro. "It wasn't the painting that took so long, it was getting the permits."

Passionate about empowering women and creating art that is accessible for everyone, Love's paintings and murals can be found throughout New York

City and in galleries throughout Europe.

She explains that the special thing with street art is that everyone can see and enjoy it, no matter who you are.

"Street art is a special way for New Yorkers to claim public space and embrace art," Love said.

"I wanted to make a piece that celebrates women, our power and feminine energy," Love said. "I want the mural to send out a positive view of women that shows that we, like men, can be fearless and powerful."

Love also works with high school students who want to learn more about art.

"As a mentor, I want to inspire young people to challenge themselves and to push through different projects, no matter how hard they are," Love said.

"As a mentor, I want to inspire young people to challenge themselves and to push through different projects, no matter how hard they are."

**Magda Love,
Brazilian street artist**

Love explains that the most important thing as a street artist is to be fearless, creative and to create challenging projects.

"I was gifted with no fear and that's required for a job like this."



ALL GETTY IMAGES

Fatal New York limo crash victim's family sues owner, operator

The parents of a woman killed in a fatal limousine crash in upstate New York in October filed a lawsuit against the owner and the operator of the chauffeur company on Monday, alleging wrongful death and negligence in allowing the vehicle on the road after failing inspections.

Ten John Doe defendants representing additional parties whose acts contributed to the woman's injuries and death were also named in the lawsuit filed in New York State Supreme Court. The lawsuit seeks unspecified amounts of money exceeding the limits of lower courts, the complaint said.

Amanda Rivenburg was among 20 people killed in the Oct. 6 crash.

The Ford Excursion limousine carrying 17 people to a birthday party ran a stop sign at a highway intersection in Schoharie, about 40 miles west of Albany, officials said.

It crashed into an unoccupied parked vehicle and two pedestrians before coming to a halt in a shallow ravine, officials said. The driver, all 17 passengers and the two pedestrians were killed.

Nauman Hussain, operator of Prestige Limousine & Chauffeur Service, has been charged with one felony count related to the deadliest U.S. transportation accident in nearly a decade. He pleaded not guilty to criminally negli-

gent homicide. The office for Hussain's lawyer declined to comment on the lawsuit.

Shahed Hussain is Nauman's father and the owner of Prestige Limousine. Neither Shahed Hussain nor a lawyer representing him could immediately be reached for comment.

The limousine failed an inspection in March when it was issued violations for having 18 seats installed while only being certified to carry a maximum of 10 passengers, the complaint said.

The vehicle failed another inspection in September when it lacked a federal certificate to operate, had mechanical issues with its brake systems, and defective emergency exits and windshield wipers.

The limousine was ordered taken out of service in September and had an "unserviceable" sticker on the windshield, which was removed by the defendants or their agents, the complaint said.

The driver, 53-year-old Scott Lisinicchia, did not have the proper license to operate the 2001 Ford Excursion limousine, police said.

Online obituaries said Rivenburg, 29, earned a bachelor's degree from SUNY Plattsburgh and worked in Albany as an assistant director at Living Resources, an organization that assists and supports disabled people. REUTERS



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Mark Zuckerberg, chief executive officer and co-founder of Facebook Inc.

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Facebook 'at war' with bad press coverage, itself: Report

Facebook execs don't like Zuckerberg when he's angry.

MICHAEL MARTIN
letters@metro.us

Formerly soft-spoken Facebook CEO Mark Zuckerberg has gone aggro over the recent waves of bad PR for the social-networking company, a new report says, adopting an aggressive style that has driven out a dozen executives and caused COO Sheryl Sandberg to fear for her job.

As critics and lawmakers turned up the heat on Facebook this year over Russian election interference, fake news, hate speech and privacy violations on the platform, Zuckerberg fostered a public image that was more cuddly programming prodigy than hard-charging executive. But he now believes that Facebook must respond more assertively to the controversies swirling around it, The Wall Street Journal reported Monday. Last June, he gathered employees and said the company was "at war."

On Friday, a bombshell New York Times story alleged that Facebook executives hid the extent of Russian election interference on the platform, slow-walked security upgrades, deflected blame for the problem and hired a Republican-run PR firm to discredit Facebook's critics by linking them to Democratic megadonor George Soros, a frequent subject of far-right conspiracy theories.

In a Friday afternoon Q&A session with Facebook staff, Zuckerberg called the Times article "bullshit," the Journal reported. It was a public sign of frustrations that had been building privately for months.

In June, Zuckerberg told Sandberg that he blamed her and her teams for the company's war response to the Cambridge Analytica

scandal. In March, investigative reporters revealed that the data firm, linked to Trump adviser Steve Bannon, had harvested the personal data of 87 million Facebook users without consent and used it for political purposes. Zuckerberg also told Sandberg she should have spent more resources on fixing problematic content on the site. His tone was so harsh that Sandberg was "rattled" and wondered if she would be fired, the Journal reported.

Zuckerberg also clashed with the founders of Instagram, who left the company in September after Zuckerberg said he wanted users' location data to be accessible for ad targeting. (That is currently being tested.) The co-founders of WhatsApp also departed amid disagreements about how to generate more revenue on the platform. And Zuckerberg forced out the founder of Oculus VR over disagreements about the future of the virtual-reality headset, the Journal reported. Overall, a dozen top executives have left.

As Facebook's once-meteoric user growth has slowed and security costs risen, Zuckerberg has found himself under pressure. The Cambridge Analytica revelations knocked \$100 billion off the company's value within days. Overall, Facebook stock is down 20 percent since August. Some institutional investors have called on Zuckerberg to step down.

In a statement, a Facebook rep said: "We were absolutely too slow to identify a range of issues over the past two years, but once we did we took strong action to address them and prevent future abuse. We've made massive investments in safety and security. While we know we have more work to do, we believe we've made progress."

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Rain may hamper search for California wildfire victims

Emergency services stepped up their efforts on Monday to find remains of victims of California's deadliest-ever wildfire as nearly 1,000 people remained unaccounted for, but rain expected this week could make that search harder and raise the risk of dangerous mudslides.

The remains of 77 people have been recovered, the Butte County Sheriff's Office said late on Sunday, as it cut the number of missing to 993 from 1,276.

The number of missing has fluctuated dramatically over the last week as reports have come in from rescue teams in the field. The sheriff's office said that the number will continue to move up and down as remains are found, more missing reports come in and people who have been reported missing turn up safe.

Some people appear to have been added to the list more than once under variant spellings of their names, the Los Angeles Times reported.

The Camp Fire broke out in northern California on Nov. 8 and quickly all but obliterated Paradise, a mountain town of nearly 27,000 people around 90 miles north of the state's capital, Sacramento.

It has burned about 151,000 acres and was 66 percent contained early on Monday, up from 65 percent late on Sunday, the California Department of Forestry and Fire Protection (Cal Fire) said.

Up to four inches of rain is expected to fall north of San Francisco between late Tuesday and Friday, said Patrick Burke, a forecaster at the National Weather Service's Weather Prediction Center in Maryland.

Heavy rain could aid with containing the fire this week, but may also make it harder for teams sifting through ash and dirt looking for bodies.

Colleen Fitzpatrick, founder of the California-based consulting company Identifinders Interna-

tional, said the expected rain will turn the site into a "muddy, mushy mess," slick with wet ash.

"It's going to coat things and stick to things and it's going to make it a lot harder to find remains," she said. "There's really nothing that can be done about this. The workers looking for remains are going to be stuck with this."

"It's going to coat things and stick to things and it's going to make it a lot harder to find remains."

Colleen Fitzpatrick,
founder of Identifinders
International

Pathologists from the University of Nevada, Reno, worked through the weekend as firefighters peeled back debris, collecting bits of burned bones and photographing everything that might help identify the victims.

The rain also could increase the risk of mudslides.

Heath Hockenberry, the National Weather Service's fire program leader, said that in "high-intensity" fires, trees release gas that can form pockets and create a "very volatile, waxy layer under the soil."

Meanwhile, the vegetation above ground has been burnt and the root system weakened. Overall, this creates a top layer of soil that is "hydrophobic," or extremely resistant to water, Hockenberry said.

"Throw a lot of water on that soil, then gravity just takes over," he said.

In a mudslide, the top layer of soil gives way, carrying boulders with it downhill at up to 35 miles per hour, he said.

The storm, which is expected to carry moderate winds of about 15 to 20 mph, could also cause problems for evacuees, hundreds of whom are sheltering in tents and



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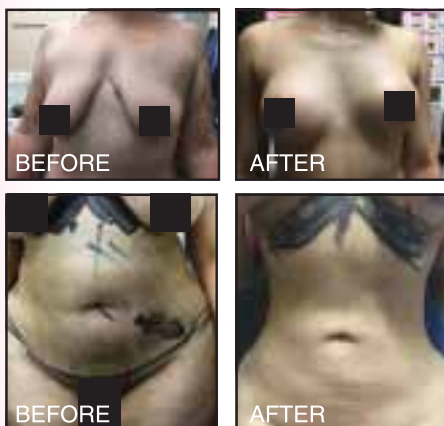
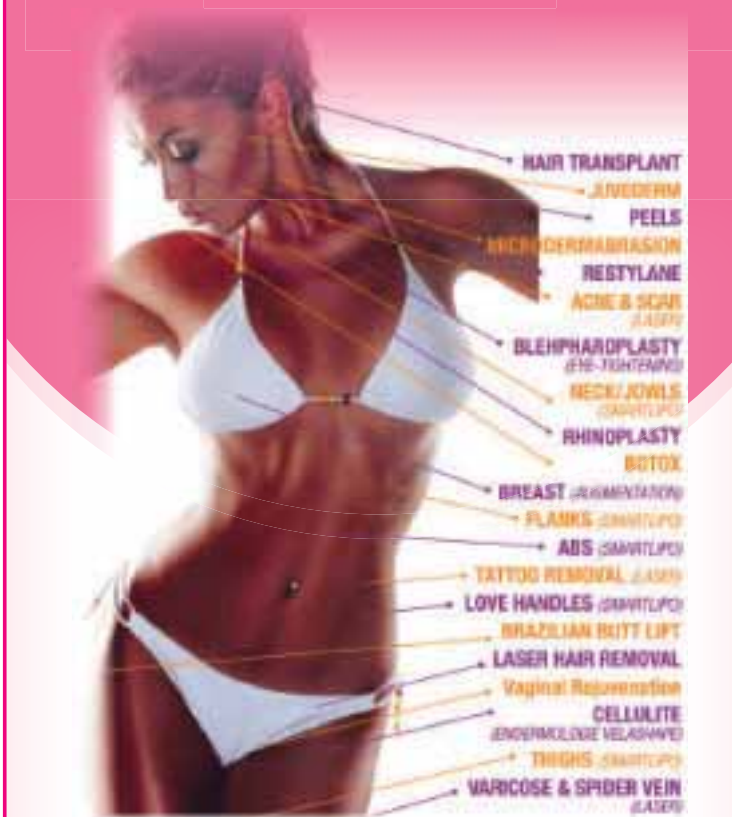
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Under new mayor plan, 62,000 units to get needed repairs

The mayor revealed a \$13 billion plan to repair 62,000 NYCHA apartments.



ANNA HARSTEDT
letters@metro.us

In an attempt to fix the ongoing problems New York City Housing Authority residents have been facing for years, Mayor Bill de Blasio unveiled a new initiative promising to repair 62,000 NYCHA apartments.

The mayor stated that the apartments also will remain permanently affordable and will be converted to Section 8 units in which the rent will be no more than 30 percent of a tenant's income.

The renovations, involving nearly \$13 billion

in repairs, will include replaced windows, boilers, roofs and updated bathrooms and kitchens.

These comprehensive upgrades will be made possible through public-private partnerships, including the Rental Assistance Demonstration program.

"We have an opportunity to undo decades of neglect and mismanagement, and we have to take it," de Blasio said. "These partnerships are one of our best-proven tools to deliver critical repairs."

The new initiative is supposed to make up for the residents' previous misery and give them a new, comfortable living.

"This is a turning point for tens of thousands of NYCHA residents," de Blasio said.

Earlier this year, the

city entered into an agreement with the federal government to install an independent monitor, and they also agreed to spend \$1.2 billion on improvements.

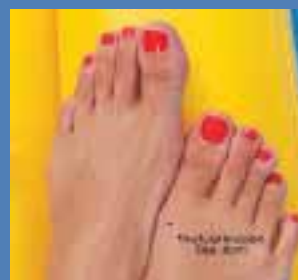
\$13B

The mayor revealed a \$13 billion plan to repair 62,000 NYCHA apartments.

Criticized by members of his administration, the mayor was confronted on Monday regarding the latest NYCHA problems. For years, tenants have been living in devastating and inhumane conditions. Lack of heat, cockroaches, rats, leaks, and exposure to lead paint are among the complaints tenants

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listed.

Anita Berry, a NYCHA resident, told Gothamist the unit she has been living in for the past five years has several holes in the ceiling and is riddled with rats, roaches, mildew

and mold, which she said disturbs her asthma.

"Before I even touched the keys, they had me living in inhumane living conditions," said Berry.

Last week, Federal Judge William Pauly re-

jected the city's agreement with the federal government to fix NYCHA. He listened to NYCHA residents and decided that the situation is so dire and has been for so long that the plan wasn't good enough.



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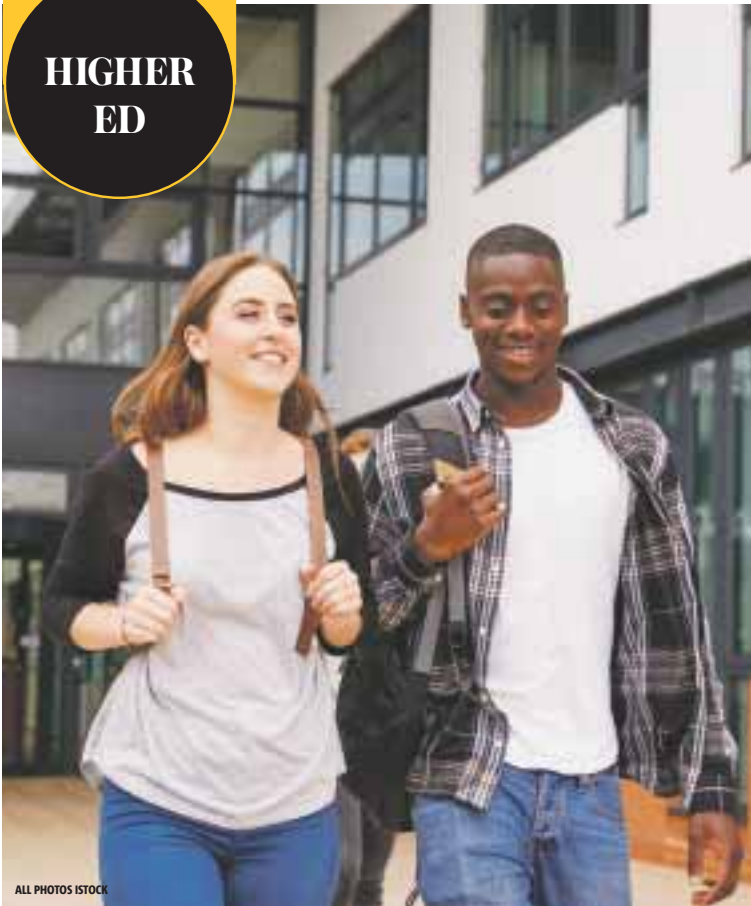
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Find the right program for you at Nyack College

Generally known for its seminary school, here are three other programs that may be right for you.



PAT KING
patrick.king@metro.us

Nyack College, located in both Rockland County and the Financial District, has built its reputation on a renowned Christian seminary program. But what many may not know is that the school has also built up several different programs that may be appealing for students who are not looking to work within the church. Here are three different programs that Nyack College offers that may be right for you.

College of Arts and Sciences

On the more secular side of things, Nyack College offers a pretty extensive curriculum at their College of Arts and Sciences to give their students a varied and well-rounded education. The college is divided into 10 distinct programs: Communications, Criminal Justice, Humanities (Art History, Liberal Arts

and Sciences), Honors Program, Language, Literature and Writing (ESL, Modern Languages, English, and Linguistics), Mathematics, Natural Sciences (Biology, Chemistry, and Physics), Pre-medical Program, and Psychology.

While the college covers a lot of ground with the concentrations they provide, the small student-to-teacher ratio per classroom may be attractive to many students. With an average class size of 13 students for every teacher, these classes are the perfect nurturing environment for those who may feel lost in larger lecture halls.

School of Music

While the school may be more well-known for its Christian seminary program, Nyack College School of Music offers the perfect conservatory experience for any student who is looking to make music a part of their career. With concentrations ranging from Classical, Contemporary, Gospel, Jazz, Opera, and even Broadway, Nyack College provides the resources for students to gain a performance background and the connections needed to jump into a career in

music. While working toward earning your degree, students will be given opportunities to participate in an Off-Broadway production, enjoy international travel, make interstate tours, and perform in Interboro concerts in the great City of New York.

School of Business

The School of Business at Nyack College provides the building blocks for students to jump into the worlds of business and finance. Steeped in five core values — Social Relevance, Academic Excellence, Global Engagement, Intentional Diversity, and Personal Transformation — the School of Business provides a competitive learning environment that can help create the entrepreneurial spirit in all who enroll in the program. The school offers five different degrees in the field: A.S. in Business Administration, B.S. in Business Administration, B.A. in Accounting, Organizational Management (OM degree completion program), and Master of Science in Organizational Leadership.

For more information on Nyack College, head over to nyack.edu.



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Pat King
Grumble Editor

READER WRITE-INS:

CLEAN YOUR COATS!

I will never understand how people can stow away their coats at the end of spring without cleaning them, then pull out the same coats at the beginning of winter. Do these people have olfactory nerve damage? If you can drop \$20 bucks or more a week in Starbucks for coffee-flavored coffee, you can afford to dry-clean your musty, funky, stank coats! Skip a few cups of expensive java and wash/dry-clean your coat/jacket. And while you are at it, how about

the GRUMBLE



ISTOCK

you buy a lint brush and drag that sucka across your coat — heck, heavy-duty packing tape would accomplish the same thing. Just

please stop walking around with your cat hair, dog hair or damnable pig bristle on your coats. It is GROSS. It is bad enough that we

are packed like sardines in these subway cars. Please be considerate with not just your coat but your general hygiene. The latter deserves its own vent post!
— Ebbe, Metro US reader

WHAT HAPPENED TO LADIES FIRST?

You know what grinds my gears the most? When a man and a woman both are walking toward a door or elevator and the man decides to go first. My thing is, really? Who raised you? Then, after the lady has opened the door, the

Tell us what you think!



@metro newyork

guy doesn't even say "thank you." I think I literally cussed three guys out this week for this! Man up.
— Anonymous, Metro US reader

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"Ooof!"

The winning caption from Kastle Combs, Metro US reader

TOMORROW'S PHOTO:



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metro.us/horoscopes



Aries Don't let what happens around you cause you to act irrationally. Your reputation will depend on how well you respond under stress and the methods you use to get things done.



Taurus Know what you want before you set up a meeting. Having a carefully made plan in place will impress someone in a position of authority.



Gemini Look at your options and consider your next move. You are best off acting in secret until you are sure you can trust others not to interfere. Romance is on the rise.



Cancer Put more energy behind your plans. If you want something done, be prepared to do the work yourself. Relying on someone else will lead to disappointment.



Leo Attend networking events and socialize with people who inspire you. Befriend people who can help you advance. Your positive attitude and energetic persona will result in a leadership.



Virgo Get out and mingle with people who can offer you pertinent information regarding something you want to pursue. A partnership will face trust issues. Exaggeration and evasion will confuse you.



Libra Do your own thing and make personal and physical changes that will boost your happiness and confidence. Don't let anyone pressure you into doing or accepting something you don't want.



Scorpio Bailing someone out of a tight spot should be handled with care. Don't let anyone take advantage of your loyalty using manipulative tactics. It's OK to say no.



Sagittarius It's up to you to bring about change. Make plans with people who are as enthusiastic as you are to overrule anyone who isn't on the same page.



Capricorn Ease into whatever you decide to do. Expect disruptions and last-minute changes that will leave you at odds regarding what to do next. Choose your allies carefully.



Aquarius Put extra effort into your work. What you accomplish will affect your earning potential. An unexpected gift or offer will encourage you to make a positive personal change.



Pisces Don't lose sight of what's important. Take note of what others say, but don't make decisions based on what you hear. Use trusted sources to obtain accurate facts.

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LIFESTYLE

Netflix hopes to conquer all things food with 'The Final Table'

The streaming service has been chipping away at Food Network's dominance for years.



ANDREW HUSBAND
letters@metro.us

When it comes to reality competition shows having something to do with food, the Food Network still reigns supreme with "Chopped," "Iron Chef America" and other similar programs. Yet Netflix has been steadily making claims with documentary series like "Chef's Table" and "Ugly Delicious," and, more recently, competition shows like "Nailed It." On Tuesday, the streaming giant will plant an even bigger flag with "The Final Table."

Hosted by former Bon Appetit restaurant



Get ready to feel the heat in "The Final Table" kitchen. ADAM ROSE/NETFLIX

editor Andrew Knowlton and produced by "MasterChef" alums Robin Ashbrook and Yasmin Shackleton, "The Final Table" is a global culinary competition that features many of the world's top chefs. Twelve teams of two will square off with one another by cooking

a variety of dishes from Mexico, Spain, England, Brazil, France, Japan and the United States.

As for the contest's titular goal, the last chef standing will earn the 10th spot at "The Final Table," alongside world-famous chefs Enrique Olvera of Mexico, Andoni

Aduriz of Spain, Clare Smyth of the United Kingdom, Helena Rizzo of Brazil, Vineet Bhatia of India, Grant Achatz of the United States, Carlo Cracco of Italy, Yoshihiro Narisawa of Japan and Anne-Sophie Pic of France. Presumably, should "The Final

Table" return with more episodes, future prizes will include expansion of said table's size.

If the overdramatic title weren't enough, simply watching the trailer Netflix released last month should convince you just how over-the-top this series is. Dramatic music, quick cuts between chefs cooking and judges eating, celebrity cameos by the likes of Hasan Minhaj and Dax Shepard — it's all there. Everything fans of reality cooking competitions have come to expect from shows like "Iron Chef" and "Guy's Grocery Games" will recognize it here and, as a result, want to eat it all up.

Because the thing is, as predictable as these programs are, we love them. Even though they have become as formulaic as the police procedural

championed by the "Law & Order" and "CSI" franchises, the target audience already knows what to expect. And even though they already know what's coming, they will watch everything new that comes their way.

Food Network knows this. That's why they've been putting out show after show for the past few decades, and why so many of them have stuck around long enough to foster growing foodie fandoms and spin-offs into other series. Netflix is only beginning to achieve similar success with its food-centric documentary and cooking competition programs, but with "The Final Table," it looks like the streamer may finally be giving its cable-based rival a run for its tummy.

"The Final Table" is now on Netflix.

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Nick Vallelonga brings father's story to life with 'Green Book'

"People are getting emotional when they see it, because it is not false."



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"Green Book" is an extraordinary true story of Italian-American bouncer Tony Lip driving African-American pianist Dr. Don Shirley across segregated America in the early 1960s, and it almost feels too inherently cinematic to be true.

Funny and heartfelt, as well as powerful and relevant, audiences are likely to question just how much of the Viggo Mortenson and Mahershala Ali drama actually occurred.

Metro recently spoke with co-writer Nick Vallelonga about "Green Book," and he eagerly



"Green Book" is now in theaters.
UNIVERSAL PICTURES

insisted that the film is almost completely true. And he would know, too, as Lip was his father, so he had the great honor of seeing his friendship with Dr. Shirley unfold.

"I lived it! I was there when it happened," says Vallelonga. "I met Don Shirley at the time of the movie. I went up to his

apartment above Carnegie Hall.

"Everything is true, but we moved things around. There was obviously some creative license because we had to connect the dots," he adds. "But the most important thing was to fill the film with social issues that are important to people, and humor.

The humor comes out of the characters, so we had to be truthful to the story and the characters."

Vallelonga admits that they couldn't have made anything up, "because if we made something up, then it would be false and the film would feel manipulative."

"The story was so in-

teresting and diverse and funny on its own, we didn't have to do that," says Vallelonga. "So we stayed true to it. We moved things around, combined some stuff, but we stayed true to it. That's why people are getting emotional when they see it, because it is not false."

Vallelonga always knew that Tony and Don's friendship was ripe for a movie.

"I had always been into movies as a kid. I was into 'The Godfather' as a kid. But even as a teenager, I knew that this was going to be my movie. The story was unbelievable," says Vallelonga. "I started tape-recording my father telling it to me. Then in my 20s, I got more serious about it. He was like, 'Right, you have to speak to Dr. Shirley and get his side of the story and his permission.' I did all that."

However, Vallelonga

had to bide his time before starting work on "Green Book."

"Dr. Shirley didn't want this movie made until after he was gone. He had his reasons. So I had to respect that. Both he and my father passed in 2013 and so I went out to make it," says Vallelonga. "I actually spoke to James Gandolfini about it. But then he passed away, too. Then 2015 was when I spoke to Brian Currie. Brought him in to write with me, who brought it to Pete Farrelly."

Vallelonga ended up giving it to Farrelly to helm as he believed the director was the "right guy to get this story out there."

"I knew what it could be. It was hard for me to give up, because I wanted to direct it myself. I even directed some short films myself to get ready for it," says Vallelonga. "I put my ego aside."

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Viagra's Sex Pill Monopoly Is Over

Since 1993, three brands have dominated the men's sexual performance market. Now there's a fourth, Vesele. And the difference is amazing...

SAN DIEGO — A new sex pill is set to take the spotlight with the Viagra patent about to expire. Since it's not a drug, it's something very different, it won't require a prescription and is priced just under a \$1 a dose.

The new pill called *Vesele* is part of a new class of performance enhancers for men, which work on the body and mind, supporting firmer and harder erections

Formulated with a special compound known as a blood flow boosters, *Vesele* can transport its active ingredients in higher levels into the blood stream, where it begins to work.

The patent pending ingredient increases nitric oxide production, initiating a process known as vasodilation, which causes arteries and vessels throughout the body to relax. This allows blood to flow to penis and genitals, promoting stronger, harder erection which last longer.

But what makes *Vesele* so remarkable, and what these other sex pills can't do, is that a small portion of this blood flows to the brain, which creates feelings of intense arousal. In laymen's terms, users become incredibly excited and turned on.

This is why the makers of *Vesele* say their pill has worked so effectively in human clinical use survey trial. It increases blood flow to the two most important organs for great sex, the penis and the brain.

The Brain Erection Connection

Until now, medical researchers did not fully understand the brain-erection connection. It has now been made clearer with the data backing *Vesele*. When both are supplied with a constant blood flow, men are harder and firmer for longer...and have higher sex drives.

"Most of the research and treatment methods for men's sexual failures have focused on physiological factors and have neglected the emotional ones. For the leading sex drugs to work, like Cialis and Viagra, you need visual stimulation" explains Dr. Henry Esber, from the company who created *Vesele*.

According to research published by the National Institute of Health, 50% of men taking these drugs stop responding or can't tolerate their side effects... and on top of that they spend \$25 per pill and it doesn't even work half the time.

This is what makes *Vesele* so different. It provides the blood stream with nitric oxide which cause arteries to relax. The patented accelerator speeds up this process even more.

The result is an increase in hardness and maintenance and frequent sex when it is taken daily.

Great Sex At Any Age

With the conclusion of latest human clinical use survey trial, *Vesele* is now being offering in the US. And regardless of the market, its sales are exploding.

Men across the country are eager to get their hands on the new pill and according to the research, they should be.

In the trial above, men taking *Vesele* saw a staggering 45.1% improvement in erection hardness from baseline over a four-month period. Their erections also lasted twice as long.

These same men also experienced an astounding 27% increase in the desire for sex (libido/sex drive) and an even greater improvement in overall satisfaction and ability to satisfy their partners.

Higher Absorption into the Blood Stream

Vesele is made up of three specialized ingredients: two vasodilators and a patented absorption enhancer often called an accelerator. The FDA considers all to be safe.

Research shows that with age, many men struggle to produce an erection firm enough for penetration.

And although there are many theories as to why this happens (including a loss in testosterone) one thing is certain, inadequate blood flow is virtually always to blame. That's why sex drug manufacturers focus on blood flow, it makes your erection hard.

But what's more surprising, and what these manufacturers have failed to consider, is that lack of blood flow can also kill your sex drive. That's because blood supplies energy for the brain. This energy is required for creating brainwaves that cause excitability and arousal.

Studies show that nitric oxide stimulates the entire cardiovascular system, including the arteries that lead to both the brain and penis. The higher concentration of the ingredients in *Vesele* combined with the accelerator ensures that this process continues to work over time.

The sexual benefits of *Vesele* will start to show as its ingredients build up in the system over time. This is why many men take it every single day.

The Same Study Shows Positive Effects on Women

In the same outstanding study referenced throughout, *Vesele* was also shown to have a surprising effect on women too. That's because



Expiring Patent Opens the Door to a New Sex Pill: *Vesele* is a new pill that cost just \$1 a dose and does not require a prescription. It works on both body and mind to increase arousal and erection hardness.

the same arteries and vessels that carry blood and oxygen to the brain and genitals are the same in men and women.

"In our study, women taking *Vesele* saw a stunning 23.7% and 20.4% improvement in arousal and sex drive over baseline.

You can imagine why some couples are taking *Vesele* together. Everything feels better. Everything works better. Everyone performs better.

A New Frontier of Non-Prescription Sex Pills

With daily use, *Vesele* is helping men (and women) with their sex lives and overcome sexual lets downs without side effect or expense.

Through a patented accelerate, *Vesele*'s formula is better absorbed into the bloodstream, resulting in remarkable improvements in erection firmness and hardness.

And with better blood flow, users also experienced sexual feeling they haven't felt in years.

Where to Find Vesele

This is the official release of *Vesele* in New York. As such, the company is offering a special discounted supply to any reader who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all New York residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-593-5629 and will only be open for the next 48 hours. Only a limited discounted supply of *Vesele* is currently available in your region.

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Why Thanksgiving is the best holiday

Thanksgiving is the best holiday, a fact obvious to anyone who loves eating and hates drama.



EVA KIS
eva.kis@metro.us

Everyone is happy

Whether or not you buy into the “most wonderful time of the year” propaganda, there’s every reason to be joyful this time of year: no more summer heat, but also no bitter cold yet; kids are back in school; cute knitwear; changing leaves. And while the origins of Thanksgiving are problematic AF, at least it doesn’t start inane arguments over whether Starbucks has honored Christmas enough on its seasonal cups. Right there in the name of the holiday is the reminder of what it’s all about: giving thanks.

Don't have to travel

Short of being too sick, poor or exploited at work, your presence is not just expected, but required, at home for Christmas. But Thanksgiving — likely by virtue of its proximity to Christmas — doesn't carry the same obligation to travel at one of the busiest and most expensive times of year for the privilege of being nice to your racist aunt and washing dishes. It's so acceptable to spend Thanksgiving with your "found family" that the



Does any other holiday put on a better spread than Thanksgiving? Didn't think so. **ISTOCK**

holiday has its own nickname: Friendsgiving.

No gift-giving

Gift-giving is a beautiful ritual that gives creative and thoughtful people an outlet to show they understand you on a soul-deep level. For the rest of us, it's an expensive and time-consuming process during a time of year when stores are especially packed. Blessedly, Thanksgiving requires no exchange of gifts besides contributing something to the party you'll be attending — may we suggest a bottle of champagne?

No special decor

Already busted out the cozy blankets and leaf-printed throw pillows when fall arrived in

September? You're all set! There's no obligation to drag a giant tree that was perfectly happy in its forest into your living room, or be reminded that you have no artistic skills trying to carve a pumpkin.

Four-day weekend!

Because Thanksgiving always falls on a Thursday, many people get two days off for the price of one holiday. It's the only logical thing to do, really: Employers know having regular office hours on Friday would just mean most people would either burn a vacation day, show up doped-out on tryptophan, spend their time sending emails that won't be returned until Monday,

or shop Black Friday on the clock. Speaking of which, please be kind to the retail workers who aren't so lucky.

TV is all-new

Networks know most of us are in front of a television during Thanksgiving, so they make the most of every precious hour. There's the three-hour Macy's Thanksgiving Day Parade starting at 9 a.m., of course, followed by the National Dog Show on NBC; three back-to-back football games beginning at 12:30 p.m.; and every sitcom and drama on the major networks is new. Or, you can always start in on Netflix's new crop of original rom-coms for the holidays.

No dressing-up required

Don't show up for Easter in anything less than your Sunday best. Halloween costumes can take weeks of planning and assembly. And Christmas dinner isn't served until everyone is polished to a high shine. But Thanksgiving is the casual holiday that understands you may have gotten blitzed the night before on the biggest drinking night of the year, or need some extra space in your pants for all the food you're about to eat. Thanks for looking out, Thanksgiving.

Crowdsource it!

Thanksgiving is the one holiday when a single person isn't expected to

do all the cooking. You can, of course, but most groups have a host who also generously takes on dealing with the turkey, making crowdsourcing a perfectly acceptable way to fill up the table. Just don't be friends with people who think a bag of potato chips and canned nacho cheese constitute a side dish.

The feast of the year

The way to celebrate Thanksgiving is by showing up and eating. The meal is the ritual of Thanksgiving, which really began as a fall harvest festival, so the table full of potatoes and vegetables and pies and meats is one of the most diverse spreads of any holiday. Really, when else can you put marshmallows on a dish and call it a legitimate part of the main course?

It officially starts the holiday season

Some people believe in letting Thanksgiving run its course before busting out their various end-of-year holiday decorations. Others queue up their 50-song Spotify Christmas playlist and stock up on gelt the weekend after Halloween. But as soon as the last bite of green bean casserole is eaten on Thanksgiving, it becomes culturally acceptable to start celebrating as festively as you want. It's not a turkey that ends the Macy's Thanksgiving Day Parade, after all — it's Santa.



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'Twas the night before

Before they can march through the city, the Macy's Thanksgiving Day Parade balloons need to be inflated — here's everything you need to know.



EVA KIS
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The Macy's Thanksgiving Day Parade is America's celebration, but there's a much smaller but beloved ritual that's only for New Yorkers on the night before the big event: the Macy's Thanksgiving Day Parade balloon inflation.

The 16 giant character balloons and 43 various smaller balloons come to life on Thanksgiving Eve, Nov. 21. Hundreds of thousands of people — which sounds

like a lot, but not when you realize the parade draws 3.5 million spectators along the route — head to the Upper West Side for a fun evening of watching the balloons be inflated around the American Museum of Natural History.

The balloon inflation is back to its original start time of 3 p.m., ending around 10 p.m. The last entry is at 8 p.m., so arrive early to be sure to get in. The event tightened security last year, so everyone must pass through the entrance at 73rd Street and Columbus Avenue and have bags checked. Backpacks are not allowed but strollers are fine, though not recommended because of the large crowd.

The balloons will be spread out along the streets surrounding the

museum, from 77th to 81st streets and between Central Park West and Columbus Avenue. It's a great chance to get a closer look at these impressive works of art than you could manage even if you come out to watch the parade.

There are four new balloons: Goku from Dragon Ball Z, Sunny the Snowpal, Little Cloud and four elves: Fleck, Bjorn, Jojo and Hugg.

Barricades along the sidewalk will keep you from actually touching the balloons, but there's plenty to see as the balloons grow and need to be wrangled.

They're inflated with helium under nets weighed down with sandbags and get to full size pretty quickly, so arrive early to see all the action.

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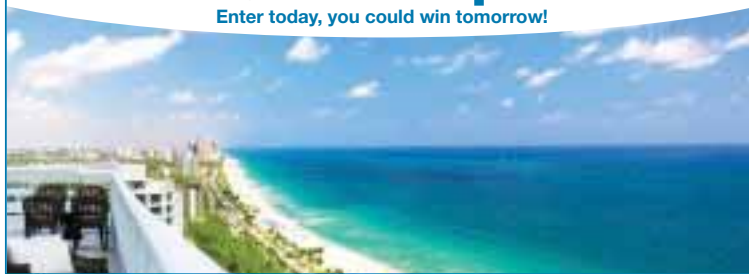
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Make sure you have a plan before hitting the stores on Black Friday. ALL PHOTOS GETTY IMAGES

Your ultimate guide to the best Black Friday deals.

LINDA LABAN
letters@metro.us

Don't go into holiday shopping blind. Here's the lowdown on some great deals offered by some major chains for Black Friday, both in-store and online. Individual store hours may vary, so remember to check ahead.

Best Buy

The electronics retailer is offering gamers \$30 off many brands. Own "Coco," "Deadpool 2" and "Black Panther" Blu-rays and DVDs for just \$6.99 each. Prices on certain Samsung Galaxy phones will be reduced by \$300. Laptops will be discounted by \$130-\$200. The iPad mini will be reduced by \$150 and TVs large and small have \$200-\$300 off. Some store's Black Friday sales start from 5 p.m. on Thanksgiving night.

H&M

The Swedish high street fashion retailer will offer 30 percent off items throughout its men's, women's and children's clothing departments, both in-store and online — the latter starting at midnight on Thanksgiving. The Black Friday sale extends through Sunday, with extra markdowns on certain merchandise of up to 70 percent off the ticket price.

Old Navy

Find discounts of 40 percent or more off everything, even already-discounted items, both online and in-store. Alongside the sizable discounts at checkout, there are such irresistible stocking stuffers as silly seasonal socks for a buck a pair. Old Navy begins its Black Friday shopping extravaganza at 3 p.m. on Thanksgiving.

Target

Get ready for low prices, including TVs under \$300 and half-price "Madden 19," "Density 2" and other video games. T-shirts start at \$3, sleep-

wear at \$5 and sweaters at \$10. Skip the pay line and pay via Target team members dotted about the store with mobile checkout devices. Also, spend \$50 in-store or online or scan the wallet feature in the Target app in stores on Black Friday to receive a 20 percent off coupon, redeemable from Nov. 27 through Dec. 8. Stores are open 5 p.m. Thanksgiving night through 1 a.m. on Black Friday morning.

Walmart

Black Friday shopping begins in stores at 4 p.m. on Thanksgiving with Walmart's first-ever Light Up Black Friday free-coffee-and-cookies party for customers. Thus fueled-up, the bargain shopping ensues in earnest. Among the many discounted items are the Apple iPad 6th Generation (\$80 off), Pac-Man and Galaga retro arcade machines (\$50 off) and Bose SoundSport Wireless Headphones (\$50 off). There's much more on offer and the "Check Out with Me" service allows payment via available associates in each department.



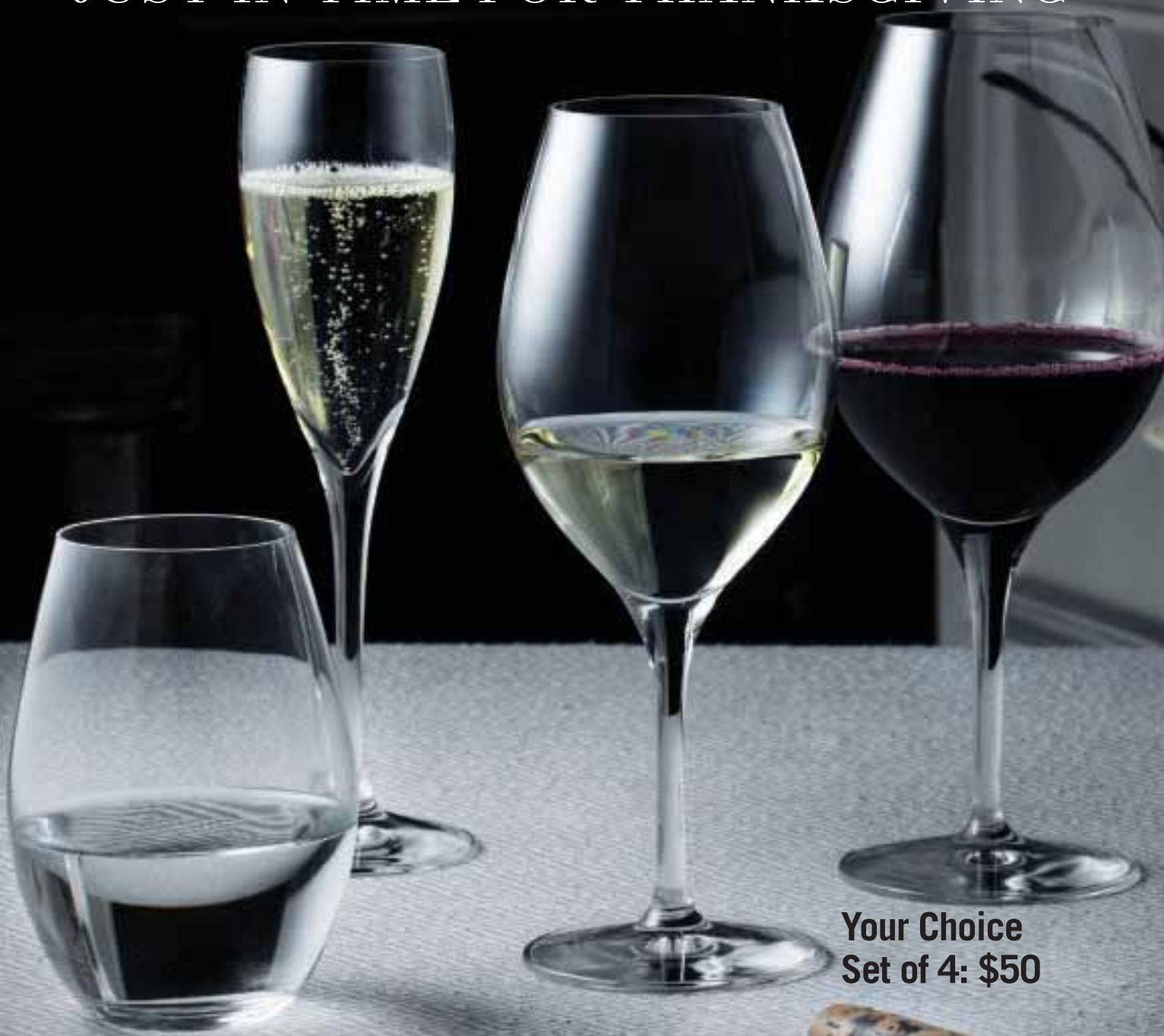
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ZABAR'S

Best Black Friday cellphone deals 2018



ALL PHOTOS ISTOCK

efit. You might be able to save money upfront but lose out in the long run.

iPhone deals

- Target shoppers can score a \$150 Target gift card with qualified activation of the iPhone 8, 8 Plus or X on Sprint, Verizon or AT&T (deal available from 7 a.m. on Friday, Nov. 23, through Sunday, Nov. 25).
- Get a \$250 Target gift card with iPhone XS or XS Max activation on Verizon, Sprint or AT&T at Target (offer available from 7 a.m. on Black Friday through Sunday).
- At Walmart, purchase of the iPhone 8, 8 Plus or X comes with a free \$400 Walmart gift card (in-store only).
- Get a \$300 Walmart gift card free with purchase of the iPhone XS, XS Max or XR at Walmart (in-store only).
- At Best Buy, save up to \$200 on the iPhone X and up to \$150 on the iPhone XR, XS and XS Max with qualified activation on Verizon, AT&T or Sprint.

Android deals

- Get a \$300 Target gift card with qualified activation of the Samsung Galaxy Note 9 on Verizon or AT&T at Target (available from 7 a.m. Black Friday through Sunday).
- Target will give away a \$200 Target gift card

with qualified Google Pixel 3 or Pixel 3 XL activation on Verizon (7 a.m. Black Friday through Sunday).

- At Costco, get a \$300 Costco Cash Card via online redemption with purchase of the Samsung Galaxy Note 9, S9 or S9 Plus (in-store only).
- Get a \$300 Walmart gift card free with purchase of the Samsung Galaxy S8, S8 Plus, S9, S9 Plus or Note 9 at Walmart (in-store only).
- At Best Buy, save \$300 on Samsung Galaxy Note 9, S9 and S9 Plus phones with qualified activation on Verizon, AT&T or Sprint. Save \$200 when you buy these models unlocked.
- Save \$400 on the Google Pixel 2 XL or \$200 on the Pixel 3 and 3 XL at Best Buy when activated on Verizon.
- The Samsung Galaxy S8 64GB is \$449.99 (\$150 off) unlocked at Best Buy.
- The Total Wireless Samsung Galaxy J3 Orbit no-contract phone is \$64.99 at Target (regularly \$129.99).
- Target is also selling the Total Wireless Samsung Galaxy J7 no-contract phone for \$99.99 (regularly \$189.99).
- At Walmart, the Samsung GS7 on Straight Talk is \$199 (\$130 off). The 64GB Motorola Moto X is \$299.99 (\$120 off) unlocked at Best Buy (in-store only).

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NerdWallet is a
personal finance website.

NerdWallet is here to help you win Black Friday while leaving your budget intact. We spend the time, you save the money. Visit regularly for tips and announcements about the best holiday deals from your favorite retailers. Black Friday is Nov. 23.

If last year was any indication, the best cellphone deals will likely come from retailers rather than carriers. Electronics sellers and wholesale clubs offered gift cards valued from \$100 to \$300 with purchase of new phones, such as the iPhone 8 and Samsung Galaxy S8.

It's always a good idea to read the fine print when looking at cellphone deals. Often you'll find that a good deal on a phone means committing to a certain wireless carrier or plan to get the full ben-



Outsmart fellow holiday shoppers with these 3 money-saving strategies

Before you shop this holiday season, check your phone and your closet.



PAT KING
patrick.king@metro.us

Holiday shoppers plan to spend \$776 on gifts this holiday season, on average, according to a recent NerdWallet survey conducted by The Harris Poll.

But contrary to what you might think, a season full of spending can also be an opportunity for saving.

Here are three underutilized and overlooked strategies that can help you get more mileage out of that \$776 — or spend less than you originally planned.

1. Lean on money-saving apps

When asked which methods they plan to use to save money when shopping this holiday season, 36 percent of Americans said they'll use money-saving apps, according to the NerdWallet survey. These include coupon apps, price-comparison apps and cash-back apps.

Coupon apps such as ShopSavvy, Flipp and The Coupons App can help shoppers compare prices, clip coupons and even browse nearby deals based on their location. And cash-back apps can earn shoppers money back on qualifying purchases.

"Cash-back apps can help shoppers offset the cost of their holiday spending by putting a percentage of each purchase back into their ac-

counts," says NerdWallet personal finance expert Kimberly Palmer. "Saving even small amounts can add up to less stress when it's time to pay your credit card bill."

To free up some extra room in your budget, load up your phone with apps before you start checking gifts off your list.

2. Shop doorbuster deals

Even fewer Americans plan to take advantage of doorbusters, according to the NerdWallet survey. Just 33 percent say they plan to attend doorbuster sales — those that are available only at a particular time of a specific day, usually for a specific item or type of item.

But for big-ticket purchases such as TVs or gaming consoles, taking advantage of the limited-



time, limited-quantity doorbusters offered by retailers on Thanksgiving Day and Black Friday can be beneficial.

"If there's an item you have your eye on, and you expect it to be marked down significantly on Black Friday, that can be a great opportunity to score a deal," Palmer says. "Just make sure you research the item ahead of time so you know exactly what you want, because supplies can run out quickly, and you have to act fast."

Many doorbuster deals are available both in-store

and online, so the cold and the crowds don't have to deter your deal-searching.

3. Regift, within reason

Although an overwhelming 70 percent of Americans admit to having regifted a holiday present at some point, most don't do so for budget reasons: Only 31 percent of those who've regifted say they've done so to save money, according to the NerdWallet survey.

But regifting holiday gifts is perfectly fine, according to lifestyle and etiquette expert Elaine

Swann. It can be frugal and thoughtful.

If you're going to regift, ensure the item is in mint condition. Remove any trace of the original wrapping and put it in a new gift bag, Swann says. And make sure the person you're giving the gift to doesn't know the person you received the gift from.

One more tip for future regifting: For any presents you receive that miss the mark, Swann says to hide them away with a note to help you remember who gave you the gift in the first place.

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Black Friday credit card strategies to add to your list

Now that you can almost smell the turkey roasting in the oven, you might be in the mood to shop: NerdWallet's 2018 Holiday Shopping Report found that the nation's consumers plan to spend an average of \$776 on gifts this year, which is \$116 more than they said they planned to spend last year.

They'll also be buying more of those gifts with credit cards — almost three-quarters of shoppers surveyed said they plan to buy presents with a credit card, while just 58% of shoppers said that last year. They estimate it will take them just over three months to pay off those purchases. Meanwhile, more than 1 in 4 people who purchased gifts with credit cards last



NerdWallet is a personal finance website.

year are still paying off those balances today.

That means they're likely paying much more for those gifts than they actually cost, given the relatively high interest rates on most credit cards. In fact, if you charge the average planned spending of \$776 to a card, then make only the minimum payments, it will take 4.4 years and cost \$295 in interest to pay off that debt, according to NerdWallet's

calculations. That means you would pay 38% more for your gifts.

But for shoppers who pay off their balances each month, using credit cards can really — well, pay off.

"I love travel rewards, so I'll be using my Chase Freedom Unlimited® [to buy gifts]," says Jason Steele, a travel and credit card expert in Denver. He adds that those who prefer cash back should consider a card like the Citi® Double Cash Card's 18-month BT offer, which offers 1% cash back on purchases and 1% back when you pay them off.

In addition to earning cash back and rewards, shoppers can also give their budgets a boost with some lesser-known strategies. Here are five



ISTOCK

under-the-radar ways to use credit cards smartly this holiday season:

1 Sign up for automatic refunds
Some credit card issuers have phased out "price protection" as a side perk, but that doesn't mean you can't still get a refund if the price of an item drops after you buy it.

When you sign up for an email tool like Paribus, it automatically scans your email to review your online purchases from participating retailers, then monitors the prices of those items.

2 Use a card with extended warranty protection for big purchases
If you're making a big purchase such as an appliance or video game console this holiday season, check to see whether any of the credit cards in your wallet offer extended warranty policies.

3 Choose a store card if you'll be shopping at one

merchant

"Store cards, like the Target and Kohl's cards, often offer extra perks, but watch out for steep APRs," says Trae Bodge, a shopping expert and founder of the website truetrae.com. "Shoppers can really benefit from using these cards, but only if they pay them off in full every month."

She says that she shops a lot at Amazon, so she uses the Amazon Prime Rewards Visa Signature card for 5% back on her Amazon and Whole Foods purchases.

4 Visit your card's bonus mall

While some card issuers have been sunseting their bonus malls — online portals where you can shop and earn extra points or cash back — a handful still remain.

If you have a Chase card that earns Chase Ultimate Rewards® points, you can shop through that online portal to earn bonus points at hundreds

of stores. The Wells Fargo Earn More Mall also lets you earn bonus points on purchases at select stores.

5 Act now for a sign-up bonus

If you're thinking of applying for a new credit card soon, consider getting it before Black Friday so you can earn any available sign-up bonuses, Bodge says. You typically have to spend a certain amount on the card within a few months of opening it, so getting the card now can help ensure you hit the required spending amount with your holiday shopping.

But as with other kinds of credit card spending, you want to make sure the lure of rewards and sign-up bonuses doesn't lead you to overspend or make you unable to pay off the balance each month.

This article was written by NerdWallet and was originally published by Forbes.

KIMBERLY PALMER

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OPINION

MARC
MALUSIS
@marcmalusis

As my mom used to tell me when I was growing up, "If you live long enough, you will see everything."

She was right, because as the Giants' season has progressed, the calls for quarterback Eli Manning to be replaced at quarterback have been overwhelming.

I guess the Giants, at the time led by head coach Ben McAdoo and GM Jerry Reese, were a year too early. A year ago, you were in the minority to see Manning's consecutive starting game streak come to an end; now, you would be the majority.

But Manning has reeled off two consecutive strong outings against the San Francisco 49ers and Tampa Bay Buccaneers — both wins — including a 17-for-18 outing with two touchdowns in a 38-35 win this past Sunday.

As I have watched and witnessed every snap of his illustrious Giants career, the debate surrounding Eli used to be about where he ranked on the elite list of NFL quarterbacks. Remember, you can't spell "Elite" without "Eli." Manning even grabbed



Giants veteran quarterback Eli Manning doesn't deserve all the criticism, writes Marc Malusis. GETTY IMAGES

headlines by putting himself in the same class as Tom Brady during a radio interview. He is not that, but he certainly is not the player that people are portraying him to be now. All of the Giants' troubles and struggles do not point to the former Ole Miss star.

You see, Manning is the strange example of a star player who has never been fully appreciated for the player that he is.

In his prime, he certainly was not an elite player or a consistent regular-season performer. He was never as good or as accurate as Brady or Payton Manning, but that is okay. At that time in his career, he was being made out to be a better player than he was.

Now he is being made out to be a worse player than he is. Beaten down after playing behind an atrocious offensive line, he is being criticized for being something that he never was: a quarterback who raised the level of the players around him.

In all honesty, the Giants organization has failed Manning more than he has failed the Giants. The rotting away of the roster due to poor draft choices has made Manning's job much more difficult as he has aged.

Manning is tough. He has shown himself to be a winner, having helped guide the Giants to two Super Bowl victories over the Patriots, winning MVP honors in both

of those games. But he needs help around him, and he certainly has shown that throughout the course of his career.

But now the ripping of Eli Manning has gotten out of hand, because for some, they've opened up their eyes and seen a player who has been staring back at them for his entire career. There are things that Eli Manning struggles with and there certainly are aspects of the game at which he thrives.

At 37 years old, he is an older quarterback, but I would hardly think he is shot. There seems to be no doubt that 2018 will mark the final year that Manning will quarterback the Giants.

Will it be his final sea-

son in the NFL? I am not sure he retires after this season. I do know that if he wants to continue to play, he should be able to find a job with another organization. Maybe they will recognize what Manning is and what he is not.

It is funny, in doing radio and TV in New York over the last 11 years, the debate surrounding Manning would always come up. I never thought he was elite, but I knew and witnessed the fact you could win with him. I really believe that if the Giants' offensive line wasn't as bad as it has been the last two seasons, Manning would have had successful seasons.

So, as we all get another year older and another NFL season races by, the Eli Manning debate has flipped from "GOAT" to "SCAPEGOAT." My mom was correct. I have seen everything when it comes to Eli Manning.

I never thought I would have witnessed it evolve into this, but here we are. I know as players in all sports get older, it often does not end well. But Manning deserves better than this. After all, he has provided the team two historic playoff runs. I know he has been paid handsomely and I know people are going to shed tears when it ends. But remember this: Giants football with Manning was better.

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Kanter to start for Knicks again?

It hasn't been that well-kept of a secret that New York Knicks center Enes Kanter is unhappy with his current role of coming off the bench behind rookie Mitchell Robinson.

New head coach David Fizdale made the move just five games into the 2018-19 season to relegate the 26-year-old to the bench. Kanter hasn't started a game since Oct. 24.

The move hasn't hurt Kanter's numbers at all. In fact, he's currently on pace for a career season with averages of 15.5 points, 11.7 rebounds and 2.0 assists per game. He's even playing more minutes (26.4 per game) than he did last year when he started 71 games in his first year with the Knicks.

But Fizdale has seen a ton of promise in Robinson, who didn't even play a full season of college basketball before the Knicks took him 36th-overall during this year's draft. It prompted him to give Robinson the starting job even though he was expected to start the season



Knicks center Enes Kanter. GETTY IMAGES

in the G-League.

"I'm looking at our team and I'm looking at our future, and we understand that to build the organization and the team that we want, we've got to be a defensive-minded team, and Mitchell Robinson is a superior natural defender, so I just felt like, let's get this generated now," Fizdale told the New York Post earlier this month.

"He's going to be our foundation, the anchor of our defense for the future," he continued. "Let's get this guy going right now and really commit to the development of these guys and to what it's going to take to get them

where they need to be for us to be the team we're going to be later."

While the natural intangibles are there, it's become clear that Robinson cannot defend physical big men down low. The latest example was on Sunday, when he was bullied by Magic center Nikola Vucevic, who recorded 28 points, 10 rebounds, and nine assists to lift Orlando to a 131-117 win.

His offensive game is also timid and nonexistent. The 20-year-old is averaging just 4.9 points on just 3.4 field-goal attempts in just over 18 minutes per game.

That aspect of his repertoire was expected to lag, but thrusting him into a starting position is not doing the Knicks, who are on a five-game losing streak, any favors. Restoring Kanter in the starting lineup would at least give the Knicks an opportunity to start quickly on offense and then rotate Robinson in for defensive help, because right now, it's just not working. JOE PANTORNO

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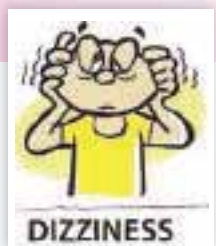
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Mets look to be shopping Syndergaard

The Mets are not ruling out a trade of one of their top pitchers. But what could they get in return?

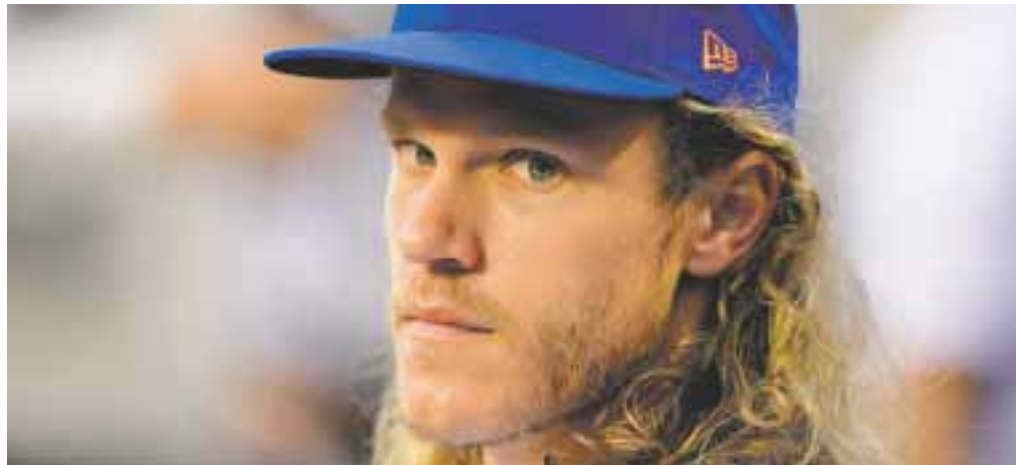


JOE PANTORNO
joseph.pantorno@metro.us

With the New York Mets headed in a new direction under general manager Brodie Van Wagonen, they aren't ruling out the idea of trading star pitcher Noah Syndergaard this winter.

The second half of a two-headed monster alongside 2018 NL Cy Young Award winner Jacob deGrom, Syndergaard is still considered one of the best pitchers in the league despite recent injury issues. And the Mets are receiving their fair share of phone calls.

SNY's Andy Marti-



The New York Mets are receiving trade interest involving right-handed pitcher Noah Syndergaard, one of the cornerstones of the team's rotation. GETTY IMAGES

no first reported that the Mets are "receiving significant trade interest" for the 26-year-old, who went 13-4 with a 3.03 ERA in 2018.

Among those teams are the San Diego Padres, who initially showed interest in Syndergaard prior to Major League Baseball's trade deadline

in July.

The Padres had one of the worst starting rotations in all of baseball last season. They didn't have a single pitcher starting at least 10 games with an ERA under 4.00.

San Diego's trade package for Syndergaard would have to be an im-

pressive one to persuade the Mets to give up their young fireballer. It would likely have to include infielder Fernando Tatis Jr., the second-ranked prospect in all of baseball, according to MLB Pipeline.

At 19 years old, the natural shortstop would likely have to move to third base, seeing as the

Mets already have Amed Rosario at the position. But Tatis is showing a ton of promise in the minors and could be the game's next great power-hitting infielder.

At 6-foot-3, Tatis batted .286 with 16 home runs and 43 RBI in 88 games at the double-A level.

Should the Mets want a more experienced return for Syndergaard, they could ramp up the pressure on the Chicago Cubs and open negotiations on a deal involving Kris Bryant.

Earlier this month, it was reported that the Cubs were open to trading the 26-year-old third baseman after an injury-riddled 2018 campaign that saw him reach post-career lows in batting average, home runs, and RBI.

A healthy Bryant from 2015-2017 averaged 31 home runs, 91 RBI and a .288 average per season which included an NL MVP Award in 2016.

One of the Cubs' weakest aspects is the starting rotation. If they want to keep up with the Milwaukee Brewers and St. Louis Cardinals in the NL Central, they might have to give up on a big name this winter, just as the Mets might have to do with Syndergaard.



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This free information kit contains a video and report that will also explain the two arthritis treatments paths you

should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

How To Get Your Information Kit...

All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. **It is 100% free with no further obligation.**

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world of science and real medicine... Guaranteeing results is impossible.

Every patient is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here painmdny.com/knee and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.

MEDICAL RESEARCH

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The study involves testing the use of Acupuncture/Moxibustion, a traditional Chinese medicine therapy for the relief of lower extremity neuropathy in persons with HIV/AIDS.

As a participant, you will be asked to attend one baseline session, 12 Acupuncture/Moxibustion sessions and three follow-up sessions, maintain a symptom diary and complete questionnaires.

There is no medication given as part of this study.

Compensation: You will be compensated for your time. If you attend all your sessions, you will receive a total of \$220. You will also receive a round trip Metrocard at the end of each session to cover your travel expenses.

For More Information
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NEW YORK UNIVERSITY



- + Do you want to quit smoking?
- + ¿Quieres dejar de fumar?
- + Do you want to save money?
- + ¿Quieres ahorrar dinero?

NYU School of Medicine is seeking adult volunteers to participate in a research study to help NYC residents quit smoking.

La Universidad de medicina de NYU está buscando voluntarios adultos para participar en un estudio de investigación para ayudar a residentes de la ciudad de Nueva York a dejar de fumar.

Eligible participants will receive quit smoking treatment and financial coaching at no cost and be seen at Bellevue Hospital Center or NYU Langone-Brooklyn. Compensation will be provided for time and travel.

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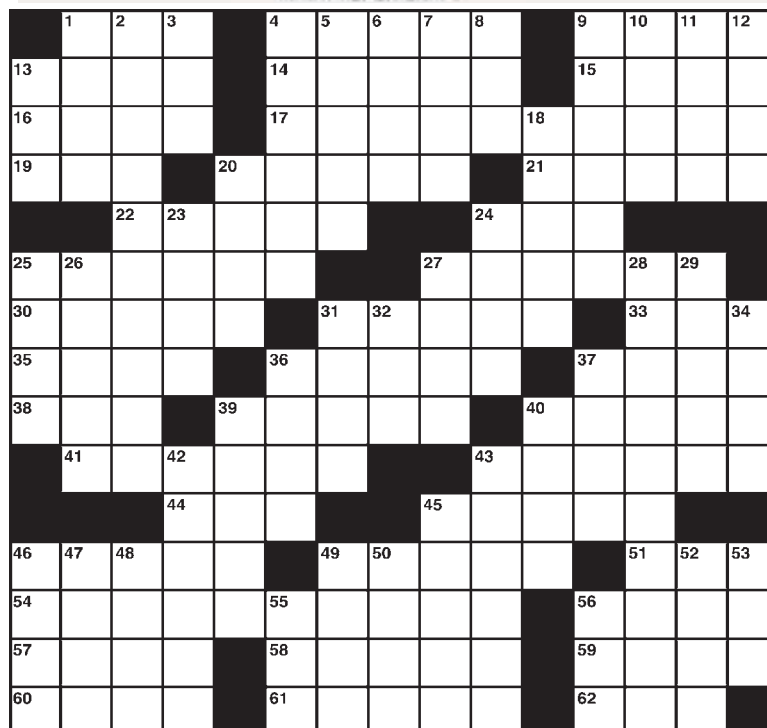
1 Rollaway
4 "...to __, dust to dust..."
9 Annoys
13 To boot
14 Partially melted snow
15 Actor Wyle
16 Place; location
17 Repay
19 30-day month: abbr.
20 Energetic
21 Rowed
22 Make amends
24 Convent dweller
25 Holy
27 Solitaires
30 Hatred
31 Ignores coldly
33 Weather forecast
35 Nod off
36 Military attack
37 Not yours, not his & not hers
38 "___ You Lonesome Tonight?"
39 Handbag
40 Croons

41 Murphy and Van Halen
43 Just about
44 Mr. Skelton
45 Unflinching
46 Basketball great Johnson
49 "Darn it!"
51 Semicircular canal site
54 Concealing nothing
56 Part of the foot
57 Rubik's invention
58 Made well
59 Oz visitor
60 Commotion
61 Frock
62 19th letter

DOWN

1 Cut coupons
2 Excluded from the group
3 Where gout causes pain
4 Go higher
5 Hillside
6 Camel's feature
7 Notice
8 That girl
9 Crazy
10 Lion's cry
11 Gosselin or Winslet
12 Get rid of
13 Cool __ cucumber

18 Parts of speech
20 "Trees" or "The Raven"
23 Word of agreement
24 Zero
25 Fizzy drink
26 Worship
27 Sled race
28 Huge horned mammal
29 Tunes
31 Gentlemen
32 "For ___ a jolly good fellow..."
34 SAT, for one
36 Took to court
37 Rogers or Kennedy
39 1 of 1,000 (perhaps) in a jigsaw puzzle
40 Job opening
42 Actress Minnie
43 Disagreeing
45 Blisters & boils
46 Raincoats for Brits
47 Border on
48 Mongolian desert
49 Bitter
50 Long-eared animal
52 Performs
53 Greek letter
55 A-E connection
56 Feasted

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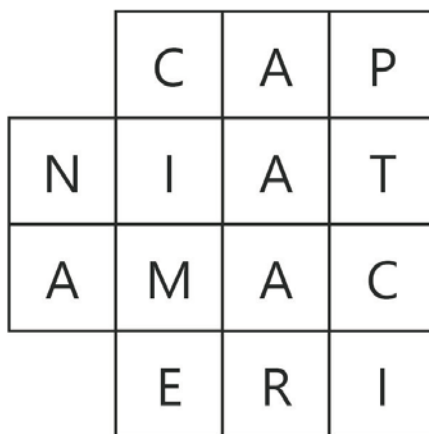
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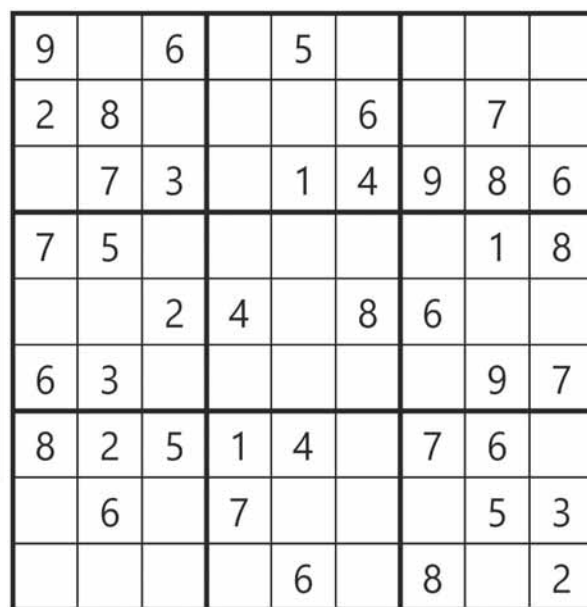
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